

Abstract

Dengue is the most common mosquito-borne infection globally and a significant cause of death in tropical and subtropical regions. Besides the typical symptoms like low platelet count, bleeding, and increased concentration of blood components, it can also lead to some uncommon complications, such as severe rhabdomyolysis.

Rhabdomyolysis occurs when skeletal muscles break down rapidly, releasing muscle cells, myoglobin, electrolytes, and other muscle proteins into the bloodstream. This can have severe consequences on the body, including causing acute kidney injury (1). While there are various infectious causes of rhabdomyolysis, dengue virus is not frequently mentioned in major medical reviews due to its extremely rare occurrence (2). However, in this case report, a 27-year-old male experienced dengue-induced rhabdomyolysis, which resulted in acute kidney failure. He needed multiple sessions of hemodialysis and several weeks of hospital care before making a full recovery.

Case Presentation

A 27-year-old male presented to us with acute onset myalgia, reduced urinary output and shortness of breath for two days. He gave a history of NS1 Ag-positive dengue infection one week prior, which was uncomplicated. He was haemodynamically stable but had peripheral oedema with mild pulmonary oedema. Investigations revealed markedly elevated serum creatinine with sky-high levels of creatinine phosphokinase. Positive serology of dengue infection helped us to conclude this case as dengue-induced rhabdomyolysis with acute kidney injury. He was managed with supportive care and haemodialysis, and he showed a slow recovery over several weeks.

Conclusion

Dengue-induced rhabdomyolysis is quite a rare presentation in clinical practice but should never be missed due to its devastating complications. However, it can be promptly managed with early recognition and treatment and has shown favourable outcomes with complete recovery in most without being dialysis dependent.